

18th ANNUAL REGIONAL ALLIED HEALTH CONFERENCE

National Jewish Health® | Denver, Colorado
Friday, October 4, 2013



Current Perspectives in Asthma, Allergy & Pulmonary Practice

6th Asthma Educator Certification Review Course

Who Should Attend:

Nurses

Nurse Practitioners

Respiratory Therapists

Physician Assistants

Allied Health Professionals

**People providing asthma education
with 1000 hours of experience**

Featuring

**Full-day workshop
to prepare for the
Asthma Educator
Certification Exam**

CE CREDIT APPLIED FOR:

AANP CE Credit (NEW!)

AAPA CME Credit (NEW!)

CRCE Credit

Nursing Contact Hours

6.9 Nursing Contact Hours

To Register

NJHealth.org/AlliedHealthCare

800-844-2305

Conference sponsored by



**National Jewish
Health®**

Science Transforming Life®

Conference Objectives:

Upon completion of this conference, the participant will be able to:

- 1. Describe the latest treatments and key self-management strategies for a variety of chronic diseases and conditions.
- 2. Demonstrate recommended techniques for therapeutic devices for the respiratory patient.
- 3. Discuss the four major content areas (The Asthma Condition, Patient and Family Assessment, Asthma Management, Organizational Issues) included in the National Certification Examination for Asthma Educators.

The asthma educator certification workshops will provide a comprehensive review of the four major content areas (The Asthma Condition, Patient and Family Assessment, Asthma Management, Organizational Issues) included in the National Certification exam for Asthma Educators. Content for this program is based on the Candidate Handbook for the National Asthma Educator Certification Board (2012).

Accreditation

Nursing Continuing Education: National Jewish Health® is a provider approved by the California Board of Registered Nursing, Provider Number **CEP 12724**. This program is accredited for 6.9 Nursing Contact Hours. Participant attendance throughout the entire conference day is required to receive contact hours.

Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours for respiratory therapists.

Application has also been made to the American Academy of Physician Assistants (AAPA) and the American Association of Nurse Practitioners.

Course Timetable | Friday, October 4, 2013

7:15 – 7:55 a.m.
Registration, Continental Breakfast & Exhibits

7:55 – 8:05 a.m.
Welcome & Opening Remarks

8:05 – 8:45 a.m.
General Session

8:55 – 9:35 a.m.
Workshops

9:35 – 10:00 a.m.
Break & Exhibits

10:00 – 12:05 p.m.
Workshops

12:05 – 12:50 p.m.
Group Luncheon & Exhibits

12:50 – 3:15 p.m.
Workshops

3:25 – 3:55 p.m.
General Session

3:55 – 4:00 p.m.
Closing Remarks

General Session

8:05 – 8:45
Explaining the Asthma Epidemic – You Are What You Eat
Rand Sutherland, MD, MPH

What are the interactions between what you eat and asthma? This general session will discuss the interactions between obesity and asthma. Vitamin D and dietary factors that may alter asthma will also be discussed.

Concurrent Workshops

8:55 – 9:35
The National Asthma Educator Certification Exam, the Asthma Condition, Pathophysiology & Program Planning *
Ann Mullen, RN, MSN, CNS, AE-C
Health care providers can be certified as Asthma Educators. This workshop will briefly review the process to become a Certified Asthma Educator (AE-C). This workshop will also review pathophysiology of asthma, asthma severity and asthma control. Program planning will also be discussed.

Back to the Basics of Atopic Dermatitis Skin Care, Hands On
Emily Cole, RN and Jennifer Fish, RN, MSN, CPNP
Atopic Dermatitis (AD) is the most common chronic skin disease in children and can persist into adult years. Approximately half of all children with AD go on to develop asthma and allergies. This workshop will highlight treatment and education including dry, sensitive skin principles valuable to every healthcare provider.

Bronchiectasis & Airway Clearance
Jennifer Propst, RN, MS, ACNS-BC, ANP
Bronchiectasis is a significant disease. This workshop will focus on the predisposing factors, symptoms and how to recognize and treat bronchiectasis.

9:35 – 10:00 Break

10:00 – 11:15
Respiratory Tools & Techniques, Hands On *
Becky Kolenbrander, RRT, AE-C, Ann Hefel, RN, MS, FNP-BC
Beth Roscrow, RN, AE-C and Amy Shouten, RN, BSN, AE-C
This hands-on workshop will cover the most effective techniques for using the MDI, breath-activated devices, soft mist device and nebulized treatments. Spirometry and peak flow meter techniques will also be demonstrated and discussed. Practice with both new and conventional devices.

Type 2 Diabetes and Pre-Diabetes
Michelle MacDonald, MS, RD and Alix Wilson, MS, RD, CDE
This workshop will address how to manage type 2 diabetes. The interactive nature of the workshop will leave you feeling confident to recognize and treat low blood sugar, identify which foods have carbohydrates, determine what causes blood sugar to increase and decrease, as well as understand how diabetes medicines work.

Living with Alpha-1 Antitrypsin and COPD
Janis Berend, RN, MSN, C-ANP
COPD is a major cause of chronic morbidity and mortality throughout the world. This workshop will review current management of COPD

and the importance of early detection and identification of Alpha-1 Antitrypsin. Self-management strategies such as exercise, medications and proper use of oxygen will be discussed. Learn more by discussion with a patient about her experience with Alpha-1 Antitrypsin.

11:25 – 12:05
Pharmacologic Management of Asthma
Deborah Fending, RN, AE-C
This workshop will review the current pharmacologic management of asthma in adults and children using the stepwise approach to asthma.

Lung Cancer and Palliative Care
Bronwyn Long, RN, DNP, CNS
How can palliative care complement lung cancer treatment? A case study will be discussed to demonstrate how palliative care can improve the quality of life for patients with lung cancer.

Allergic Rhinitis, More than just a Runny Nose!
Ann Hefel, RN, MS, FNP-BC
Rhinitis affects a significant portion of the population. This workshop will discuss the different classifications, evaluation and management of rhinitis.

12:05 – 12:50 Group Luncheon & Exhibits
12:50 – 1:30
Factors Contributing to Acute and Chronic Asthma & Co-Morbid Conditions *
Deborah Fending, RN, AE-C
Identifying, controlling and treating factors contributing to acute and chronic asthma is essential to good asthma management. This workshop will review the assessment of common asthma factors, environmental control measures and the impact of co-morbid conditions on asthma.

Food Allergies Today
Jennifer Fish, RN, MSN, CPNP
Coping with food allergies can be a big challenge for families. This workshop will discuss the evaluation of IgE-mediated food allergies and the essential components of patient education. Managing food allergies, including communication tips and handling emergencies in the school or work setting will be discussed.

Pulmonary Rehabilitation – Working with Patients Across the Lifespan, Hands On
Jane Whalen-Price, PT, DPT and Wendy Sherman, RN
This workshop will review the components of an interdisciplinary pulmonary rehabilitation program for children and adults. The practical aspects of an exercise program with a focus on patient adherence across the lifespan will be discussed.

1:40 – 2:20
Educational, Emotional & Cultural Assessment, & Program Planning *
Ann Mullen, RN, MSN, CNS, AE-C
Every family responds differently to a diagnosis of asthma. An educational, emotional and cultural assessment will be discussed. Strategies for improving the patient's and family's ability to follow the plan of care will be described.

Biofeedback, Hands On
Courtney Pergal, CCLS and Jane Robinson, PhD
Biofeedback is a useful tool for managing chronic illness. This workshop will focus on the benefits of biofeedback using case studies.

Interstitial Lung Disease
Kaci Chacon, RN, BSN
Interstitial Lung Disease (ILD) includes over 130 disorders. This workshop will discuss that types and classification of ILD. Diagnosis and treatment options will be discussed followed by several case studies.

2:20 – 2:35 Break
2:35 – 3:15
Patient and Family Assessment *
Allidah Hicks, RN, MS, AE-C
A thorough history and physical assessment is essential for the immediate and long-term management of asthma. Critical elements that contribute to high-risk asthma will be discussed. The stepwise approach will be demonstrated with case studies.

Recognizing and Controlling Patient Escalation
Elizabeth Langhoff, LSW
Agitated patients are a concern in health care settings. This workshop will identify ways to recognize escalating behaviors. It will provide verbal and non-verbal strategies for patient de-escalation.

GI Procedures-What You Need to Know?
Renee Mondragon, RN, BSN
There are a variety of specialized GI procedures, all requiring extensive preparation. This workshop will provide more details about standard and new GI procedures.

General Session

3:20 – 3:55
What's Changed with Oxygen and CPAP Reimbursement?
Ann Cartwright, MPAS, PA-C
Medicare and Medicaid guidelines for Oxygen and CPAP are strict and are ever changing! If you are not current, your patients might have to pay for this costly equipment themselves. Come to this general session to learn about the most recent prescribing guidelines and criteria for these commonly used respiratory items.

3:55 - 4:00 Closing Remarks
Asthma Educator Certification Topics *
Attend these workshops to prepare for the Asthma Educator Certification Exam (identified with *).

Although the conference addresses the content outline for the National Certification Exam for Asthma Educators, National Jewish Health cannot guarantee passage of The National Asthma Educator Certification Exam following completion of this conference.

Non-profit
U.S. Postage
PAID
Permit No. 1541
Denver, CO



1400 Jackson Street, S700
Denver, Colorado 80206
njhealth.org/proed

Allied Health Conference Registration Form

Four Easy Ways to Register

1. By Website: NJHealth.org/AlliedHealthCare
2. By Phone: 303-398-1000 or 800-844-2305
3. By Fax: 303-728-6521

4. By Mail: Office of Professional Education,
1400 Jackson Street, Rm. S700, Denver, CO 80206

Please include all the information requested below. **Participant Information** (Please print or type)

First Name: _____ Last Name: _____

Degree: _____

License# (required for contact hours): _____ State: _____

Specialty: _____

Company: _____

Address (for certification): _____

City/State/Zip: _____

Daytime Phone: _____ Fax: _____

Email: _____

☐ Yes, I'd like to receive information about upcoming conferences and seminars from the Office of Professional Education at National Jewish Health.

Registration Fee: \$135.00 per person ☐ Check or money order payable to National Jewish Health

☐ Please charge ☐ AMEX ☐ VISA ☐ MasterCard

Card #: _____ Expiration Date: _____

Cardholder's Name: _____

Signature: _____

Cardholder's address (if different from above): _____

Registration Fee includes admission to all sessions, exhibitors, breakfast, lunch and the conference handouts. **Register early. Space is limited.**
Cancellations must be received no less than 10 days before the start of the program to receive a refund minus a \$25 processing fee.